

HOW DO YOU FEEL ABOUT SILENCE?

'Silence' is often a rarity in the fast-paced culture that we live in today. As we grow up, we're taught to be uncomfortable with silence - this can influence our use of silence as a counsellor and our client's reaction to silence in the counselling room.

How do you respond to silence? Would your natural inclination be to fill in the gaps? Filling silences can cause us to take an unnecessary and often inappropriate level of responsibility within the counselling session.

Consider your attitude towards silence by reflecting on the following statements. Rate how true each statement is for you on a scale of 0-5 (0 = Completely Disagree; 5 = Completely Agree).

1. If there is a lull in a conversation, I am usually tempted to fill in the silence by saying something

2. Prolonged silence makes me feel uncomfortable

3. I regularly feel tempted to finish other people's sentences

4. Often when I am silent, and on my own, I feel more relaxed and can think more clearly

5. Silence is essential as it helps us to listen to ourselves and others.

